

LHCH matters

The newsletter for our patients,
staff and communities of Liverpool
Heart and Chest Hospital



TOP trust in
the country
in the
national NHS
Staff Survey
2022 results
– page 3



New minimal access procedure
improving patient outcomes – page 2



Daniel Craig
announced
LHCH Charity
Ambassador
– page 10

Welcome

Welcome to the second edition of LHCH Matters this year.

We are proud to have received our National NHS Staff Survey 2022 results, published in March 2023, which placed us as the Number 1 Trust in the country for 'place to work' and 'staff engagement'. We were also rated amongst the top performing trusts for 'care is our priority' and 'place for treatment' in these results.

In January, we were delighted that British Actor, Daniel Craig was announced as a new ambassador of Liverpool Heart and Chest Hospital Charity. You can read more about this and the work of LHCH Charity, and its supporters, within this newsletter.

We have had some other innovations and achievements at LHCH over the last few months. For example, our Surgical Care Practitioners have been

working hard on introducing a new minimal access procedure for our patients having a Coronary Artery Bypass Graft procedure (CABG). This is exciting work which will make a positive impact on the experience for more and more patients moving forward. In addition to this, we have recently introduced a state of the art MRI scanner which will enable our team to carry out important diagnostic scans for our patients. You can find out more about both of these, and more, within this edition of LHCH Matters.

LHCH will shortly be running an election for both Public and Staff Governor vacancies. If you would like to get involved, and can offer the time commitment, please do get in touch with our Membership Office who can let you know more about the role and

the nomination process.

As you will be aware the NHS has recently faced the challenge of industrial action. We would like to take this opportunity to reassure you that patient safety and staff wellbeing remains our priority during these difficult times.

Best wishes



Val Davies
Chair

Jane Tomkinson OBE
Chief Executive Officer

Minimal access surgical approach introduced at LHCH

The Cardiac Surgery team at LHCH are proud to be introducing Endoscopic Vein Harvesting (EVH), a minimal access approach, resulting in a vastly improved experience for our patients.

Vein harvesting forms part of the Coronary Artery Bypass Grafting (CABG) procedure which is the most common cardiac surgery procedure undertaken at LHCH and worldwide.

This requires the harvesting of a vein from the leg and attaching it to the coronary artery. This is currently performed as an open procedure which requires one long incision or multiple incisions in one or both legs, with frequent associated wound complications.

This new initiative allows the incision to be reduced to 2cm which lessens pain, intraoperative blood loss, rates of infection, antibiotic use and the need for future wound management. In addition to this, the EVH approach ultimately results in quicker mobilisation and recovery for patients to discharge.

Celia Ireland, Lead Surgical Care Practitioner at LHCH said: "We were delighted that the first EVH was carried out successfully at LHCH on

the 6th December 2022.

We have completed 20 proctored cases so far with one Surgical Care Practitioner (SCP) and plans are in place to expand the training to additional members of our SCP team. Our aim is to enable 100 patients to benefit from this approach in the first year and 500 the year after. As a team we are really proud of this innovative work and from visiting the patients that have received the treatment so far, the benefits have been clear to see. It's fantastic that this approach will be able to make a real difference to the experience of more, and more, patients moving forward."



Celia Ireland and Dan Burn, Surgical Care Practitioners at LHCH.



Installation of the new MRI scanner.

New MRI scanner at LHCH

We are proud to announce that we have recently acquired a new MRI scanner, the 1.5T Siemens Sola, which represents a significant investment in LHCH's diagnostic technology infrastructure.

As a leading regional and national cardiothoracic centre, it was essential to upgrade our imaging equipment to provide our patients with the best possible care.

The Siemens Sola offers numerous benefits, including hardware updates resulting in higher quality images. This means that we can obtain clearer, more precise images of the heart and lungs, which is especially important when diagnosing and treating complex cardiothoracic conditions that many of our patients present with.

In addition, the software updates on the Sola provide advanced features such as 'heart freeze' and 'compressed sense' that result in quicker and more versatile procedures for our patients. This translates to fewer rescans and recalls and more predictable scheduling, which ultimately results in a more efficient and productive workflow.

This new MRI scanner is designed to deliver consistent, high-quality personalised exams that increase

productivity and accuracy, while reducing unwarranted variations in cardiac MRI examinations. Its compressed sensing cardiac cine feature also ensures high-quality consistent cardiac MRI scans even for patients with arrhythmias or dyspnoea, resulting in functional imaging that was previously unattainable.

Compared to the old scanner, one of the most significant advantages of the Siemens Sola is its reliability. It has fewer breakdowns, resulting in fewer cancellations and higher productivity, which is critical for a hospital that values timely care delivery.

Overall, the acquisition of the Siemens Sola MRI scanner is a significant step in our ongoing efforts to provide the best possible care to our patients.

We remain committed to investing in the latest medical technologies to support our clinical staff in delivering the best possible outcomes for our patients.

LHCH is the TOP trust in the country in NHS Staff Survey 2022 results



The survey results of more than 600,000 people working in 264 NHS organisations, including all 215 trusts in England, were published in March, and showed that LHCH is TOP in the country, when benchmarked against all trusts, for two key areas:

- A place to work
- Staff engagement

The findings also showed that LHCH is in the top three NHS organisations in the country for a further two areas:

- Care is our top priority (second)
- A place for treatment (third)

Furthermore, this year's findings highlighted LHCH as the BEST performing Acute Specialist Trust in eight out of nine areas.

The NHS Staff Survey was carried out between September and December 2022 and completed by 1267 staff (69%) at LHCH, which compares with a national response rate of 46%.

You can read more about our NHS staff survey results on the news pages of www.lhch.nhs.uk

RESEARCH NEWS

Peter helps LHCH maintain ‘outstanding services’

Peter Barrett first came to LHCH 23 years ago after a heart attack, aged 47.

Since then he has continued to receive outstanding care from all the clinical teams at LHCH, including from Professor Jay Wright, Consultant Cardiologist and Director of Research (pictured below).

Peter has been involved with two clinical studies at LHCH – the most recent of which has been exploring the benefits of a new antimicrobial pouch for his implantable cardioverter defibrillator.

Professor Wright said: “Every year, an estimated 1.5 million patients worldwide receive an implantable electronic device to help manage a heart rhythm problem. With any clinical intervention there’s always a risk, and one such risk is procedure-related infection. Infections are associated with increased morbidity, mortality, length of stay in hospital and cost, and therefore the goal is to reduce the risk of infection to zero. By using a new antimicrobial pouch for the device at the point of implantation, evidence has already shown a significant reduction in infection and a more stable device.

“We’re so grateful to patients, like Peter, who enable us to stay at the forefront of pacemaker and defibrillator



LHCH is a Research Active Trust

research and continue providing them with the very latest medical equipment and outstanding services.”

Peter said: “After all the expertise I’ve received from LHCH in the past 20 years, I was only too happy to get involved with their research studies. It’s so important that patients, like myself, have confidence that the procedures or treatments we are receiving have been tried, tested, understood and are proven to deliver benefits. I’m really supportive of research and the difference it can help to bring about for patients now and in the future.”

Telehealth in Cardiac Surgery

LHCH will shortly be starting a new randomised clinical trial called Telehealth in Cardiac Surgery (TICS).

This trial will be looking at the periods either side of the hospital stay for patients undergoing heart surgery, and we would like to look at the time spent at home before coming to hospital and the time back at home after discharge and post surgery.

For those patients choosing to take part in the study, they will either be managed as normal (current standard of care with no telehealth monitoring) or they will be given instructions and equipment on how to monitor their condition at home (telehealth monitoring) – measuring their heart rate, blood pressure, oxygen levels, weight and step count, and answering a series of weekly health questions.

One of the aims of the study is to find out if regular monitoring at home, with a smart device (telehealth monitoring), helps to improve quality of life for a patient undergoing heart surgery. We would also like to see if regular monitoring can prevent any worsening of their condition that may require them to seek additional medical help or their surgery being delayed. Watch this space for more information to follow.



Prestigious recognition for Professor Lip

Congratulations to Professor Greg Lip, LHCH Consultant Cardiologist, Director of the Liverpool Centre for Cardiovascular Science and Price-Evans Chair of Cardiovascular Medicine, at the University of Liverpool. He has been awarded the 2023 Distinguished Scientist Award-Clinical Domain by the American College of Cardiology in honour of his contribution to the cardiovascular profession.

Professor Lip has been recognised for these achievements along with all 2023 Distinguished Award winners during the American College of Cardiology’s Annual Scientific Session Together with World Congress of Cardiology which took place from March 4-6, 2023, in New Orleans.

We love to hear from our patients about their experiences. If you would like to share your story please email communications@lhch.nhs.uk. Thank you to all our patients who reached out to us during ‘Heart Month’.

Chris

Meet Chris. Chris was a patient at LHCH following his sudden cardiac arrest.

Following his treatment he was cared for on our Acute Cardiac Unit. Chris and his partner, Vince, of 23 years were bowled over with the care and compassion provided during his stay at LHCH. Chris and Vince were over the moon when our team made it possible for them to have a ‘date night’ during Chris’s hospital stay. The lovely couple were able to eat their first meal together in weeks in the ward’s dedicated family room, which gave Chris a much needed boost.

Following his discharge home, Chris nominated Healthcare Assistant, Stephen for the Employee of the Month Award which he later won (see page 8). We are very proud of our outstanding teams for delivering care and compassion each and every day.



Chris (right) with partner Vince.

Paul

“I thought it was indigestion, however things got worse pretty quickly.

I found myself vomiting, sweating, and my entire body turned grey. I had no idea what was happening but the reality was I was suffering a pretty serious heart attack!”



Paul

We’d like to introduce Paul, who was brought to LHCH in October last year after suffering a cardiac arrest, due to a complete blockage of his left artery. Blue lighted across to LHCH, Paul underwent an emergency procedure to open up his blocked artery. Since his successful treatment, Paul’s made a healthy and speedy recovery, spending time with his loved ones and even catching some well-deserved winter sun!

“At 40 years old and relatively healthy, I never expected this to be my reality, but the care and treatment I received at LHCH was just phenomenal. They’ve helped me both physically and mentally to recover from this awful experience and for that I couldn’t be more grateful.”

Frank

72-year-old Frank Rothwell, from Oldham, has never shirked from a challenge.

However, the successful businessman, football club chairman, and Guinness World Record holder, who’s rowed solo across the Atlantic, sailed half way round the world, spent five weeks on a deserted island, completed 11 marathons, and raised more than £1million for charity was faced with perhaps the biggest challenge of his life last year.

Frank discovered he needed to undergo major heart surgery at LHCH to repair his damaged aorta which was in danger of rupturing.

Frank said, “My aorta should have been about 25mm, but tests showed that it was 49mm in diameter and because my blood pressure was also high, Mr Omar Nawaytou, Consultant Cardiac and Aortic Surgeon, told me that surgery was needed urgently. Within 4 weeks of my clinic appointment, I was back in hospital for my operation.

“I was in LHCH for 9 days and the care that I received was absolutely brilliant. The staff were so knowledgeable and professional, and they were always on hand to check I was ok.”

On 12th December this year, Frank plans to take on the 3,000-mile solo Talisker Whisky Atlantic Challenge, an annual race known as ‘the world’s toughest row’, which sees teams and individuals row from San Sebastian on La Gomera to Nelson’s Dockyard on Antigua.

Frank added: “I’m so grateful to Mr Nawaytou and all the brilliant team at LHCH who gave me such good care and who have made it possible for me to fulfil this next big ambition.”



Frank

Trust leading the way in CVD Prevention

One of the key focuses at the Trust, as outlined in our ‘Patients, Partnerships and Populations’ strategy, is to improve and impact population health. This includes, but not exclusively, driving forward the Cardiovascular Disease (CVD) prevention agenda across Cheshire and Merseyside.



CVD is the biggest contributor to the gap in life expectancy in the North West of England and a leading cause of premature death and health inequalities in Cheshire and Merseyside.

It is associated with deeply embedded inequalities, particularly in relation to deprivation, certain ethnic minority groups, other demographics and underserved or vulnerable communities.

CVD is largely preventable through a healthy lifestyle and the early detection and control of key risk conditions; atrial fibrillation (AF), high blood pressure



(hypertension, BP) and high cholesterol (the ‘ABC’ of CVD prevention). In Cheshire and Merseyside it is estimated that improved blood pressure control alone could prevent around 1,500 additional heart attacks and strokes in these regions over the next three years.

As part of this work programme we have recently held a number of community and staff events to raise awareness of the risks, signs and symptoms of CVD.

To mark International Women’s Day, we were delighted to be invited to Ainsdale’s Women’s Institute (pictured above and left) to share key messages and to help tackle healthcare inequalities in women accessing treatment for CVD. Our clinical prevention team, supported by LHCH Governors on the day, enjoyed meeting members of their group to share important advice and to explain how we can all take simple steps to reduce our risk factors of CVD. Our clinical

team also carried out key health checks to spot early signs and symptoms.

As part of our health and wellbeing offer for our staff, we have also offered health checks such as blood pressure, heart rate, cholesterol and BMI testing providing opportunity for early detection.

Our team has a schedule of similar events planned out in the community for the rest of the year including visits to schools, community centres and staff events.

Appointment letters go digital



From 6th February, LHCH commenced sending patient letters via text message to your mobile phone.

The service started with Radiology appointments and will shortly be rolled out across other acute and community services.

This new way of accessing your appointment letters provides many benefits including:

- Immediate access to your letters from LHCH. There is also an option to register with the patient portal which enables you to access all your digital communications from LHCH in one place.
- Instant access to your appointment information through your smartphone, tablet, or computer. Letters can be downloaded, emailed, and printed if required.
- Appointments can be added directly to your digital calendar to reduce the risk of forgetting appointments and help keep treatment on track.
- Letters are more widely accessible, through utilising the text-to-speech option. Letters can be read aloud in multiple languages.
- It will help save the NHS money and reduce administration times.

For more information please visit the news pages of www.lhch.nhs.uk

Keep your heart healthy and happy

By Zoe McIntosh, Clinical Specialist for Cardiovascular Disease (CVD) and Respiratory Prevention

We can all consider putting into place simple steps to look after our hearts.

With spring weather on its way it’s a great opportunity to get outdoors, take in the warmth and move more! Taking these simple steps will reduce the risk of developing coronary heart disease (CHD) such as lowering your blood pressure and cholesterol levels.

Eat Well

Eat a low fat, high fibre diet which should include plenty of fresh fruit and vegetables (five portions a day). Avoid foods high in saturated fat such as sausages, cream, cheese, cakes and biscuits.

Move More

Combining a healthy diet with regular exercise is the best way of maintaining a healthy weight. Having a

healthy weight reduces your chances of developing high blood pressure. Regular exercise will make your heart and blood circulatory system more efficient, lower your cholesterol level, and also keep your blood pressure at a healthy level. Any aerobic exercise, such as walking, swimming and dancing, makes your heart work harder and keeps it healthy.

Keep to a healthy weight

Being overweight forces your heart to work harder to pump blood around your body, which can raise your blood pressure. You can use the BMI healthy weight calculator on the NHS website. If you do need to lose weight, remember that losing just a few pounds will make a positive difference to your blood pressure and health.

Stop smoking

Smoking is a major risk factor for heart attack because it causes atherosclerosis and raises blood pressure. A GP can refer you to a local NHS Stop Smoking Service which will provide support and advice about the best ways to quit.

Reduce your alcohol consumption

If you drink alcohol, do not exceed the recommended limits e.g. men and women are advised not to regularly drink more than 14 units of alcohol a week and spread your drinking over three or more days if you regularly drink as much as 14 units a week.

Visit the Making Every Contact Count service directory for Cheshire and Merseyside to see what services are available to support you via www.mecc-moments.co.uk

Zoe is pictured right with Elaine from the Strategic Partnerships team.



Employee of the Month Awards

Each month, we are pleased to present a very worthy colleague with the 'Best of the Best' Employee of the Month Award. We welcome nominations for this award from our patients, visitors and members of staff. Please follow the QR code below to nominate your unsung hero from Team LHCH or follow the link on the hospital website. The best nominations received provide examples of how colleagues have gone that extra mile to support patients, family members or their colleagues. Good luck!



Ameer Ramesh Dev, Assistant Respiratory Physiologist – December 2022

"Ameer joined our department one year ago and has been studying to pass his ARTP exam whilst bringing up his son and newborn baby with his caring wife. He moved all the way from Cambridge for his job here at LHCH and has fitted in with the team so well. Every day he welcomes all staff and patients with his infectious smile. He goes above and beyond for everyone he encounters without hesitation. His

selfless actions make a difference to patients and staff by treating everyone with dignity and respect and making them feel like they were part of his own family. He treats everyone in the department with love and generously brings in amazing home cooked food for us all to try and enjoy together bringing our team closer together. We can't imagine ever working without him."

Pictured above: Ameer with Sue Pemberton, Director of Nursing & Quality.

Scan the QR Code to vote for your 'Best of the Best' Employee of the Month



meal from the kitchen for his visit, cleared the family room in time for us both, and helped me get to the room. Literally, right at the end of our first meal together in weeks, Steve turned up as it was time to do my observations. It couldn't wait, romantic restaurant setting or not! So here he is folks, Steve. The best NHS nurse, and also Waiter/Restaurant Manager I ever had the pleasure to meet! Nursing is loving, caring and having empathy. I'll never forget this man! He made me so happy when I was otherwise feeling a lot less than my best self!"

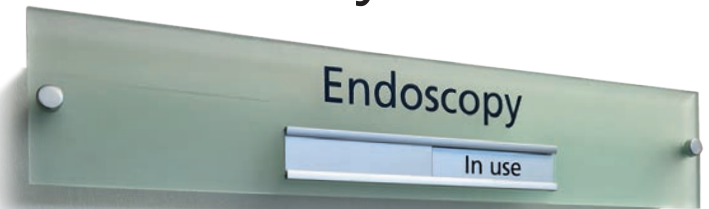
Stephen is pictured with Jane Tomkinson, Chief Executive Officer.

Stephen Douglas, Healthcare Assistant – January 2023

"The star of the show at LHCH is a nurse called Steve. He supported me during my whole stay encouraging me to get washed, get shaved and get moving again. When I was finally allowed to eat food again, I told Steve that I was so excited as it meant perhaps I could enjoy a meal with my partner? Steve went and arranged an extra

Behind the scenes with the Holly Suite Endoscopy Team

LHCH Matters was excited to meet and chat to Victoria Rouse, Sister and Emma Billingsley, staff nurse from the Holly Suite Endoscopy Team to give us a glimpse of the important work that goes on behind the scenes there to deliver outstanding patient care.



This vital service is provided by three Respiratory Consultants Dr Kamlesh Mohan, Dr Emily Hoodless and Dr Colin Smyth, alongside a Registrar, two Nurses and a Healthcare Assistant.

The Endoscopy Suite has been open since 2014, and features calming sky tiles on the ceiling to enhance both patient and staff experience. The team carry out a range of respiratory diagnostic tests under local or general anaesthetic. The most frequently undertaken tests include a Bronchoscopy and a Endobronchial Ultrasound Scan (EBUS) which are both key in the diagnosis of cancer and ensuring appropriate treatment.

Tell us about a typical day

"Today we are setting up and getting ready to welcome our patients who are having Bronchoscopy or EBUS procedures. A Bronchoscopy is a test to look at the inside of the breathing tubes (airways) in your lungs, find the cause of any symptoms and take a sample (biopsy, wash or brush) if needed. The tests usually last 30

minutes although can take longer depending on how many samples are required to be taken. We would usually see between 3 to 4 patients per list."

What are you most proud of?

"We are most proud of the impact we all have on our patients' experience. Our patients are often nervous when they arrive for their test but our team does a great job in making them feel at ease. The communication before,

during and after the procedure with the patient and also between colleagues is key throughout the test to ensure the very best patient care. We also play a valuable role in supporting the learning and development of other colleagues from across the hospital such as medical and nursing students. In addition to this, we also help our colleagues out in Theatres in carrying out endoscopy tests as, and when, required."



Vicky and Emma from the Holly Suite Endoscopy Team.

Recruiting new LHCH volunteers

Our LHCH volunteers undertake a number of key positions around the hospital including meet and greet, offering support on the wards, outpatients or on our reception.

We recently held a successful recruitment day here at LHCH (pictured) to expand our valuable team. Mary Douglas supports patients and visitors in our Outpatient Department and shared her own volunteering experience on the day.

Mary said: "Since, I met with the Patient and Family Support Team, I have been made very welcome and this has made me feel valued. Their support has been exceptional. Other

volunteers have given many years of service and are still giving their invaluable support to patients and families!

I am acutely aware, that many patients visiting the Outpatients department are very nervous, vulnerable, some are distressed, some are very quiet or too nervous to speak. Some just want to get their appointments over and done with and some are fine. Some patients are here for the first time because they have been referred, usually by their GP, and many patients are regular visitors for follow-up appointments. Initial and follow-up appointments can be with

Specialist Doctors of Cardiac/Thoracic conditions, where necessary Specialist Surgeons in either field or Nurse-led Clinics.

"Because of the above, I feel that my role is to help enhance a patient's experience whilst they are in the hospital and try to make every contact with the patient count for something. To enhance and maintain the already outstanding record that the hospital has with the experiences of its patients and families."

If you have spare time and are enthusiastic about supporting our patients and families then we would love to hear from you. You can apply

via NHS Jobs for a range of volunteering opportunities including a new position to support the provision of a snack trolley for our patients and visitors. The deadline for applications is Sunday 23rd April and applicants must be able to attend our next recruitment day on Thursday 27th April between 9am and 3.30pm.



Become a Governor at LHCH

This summer, LHCH will be running elections to fill the following Governor seats:

Public Governors

- Merseyside – 5 seats
- North Wales – 2 seats

Staff Governors

- Non Clinical – 2 seats
- Registered & Non Registered Nurses – 1 seat
- Allied Health Professionals, Technical & Scientific – 1 seat
- Registered Medical Practitioners – 1 seat

Do you have:

- **Enthusiasm** to help the Trust deliver its vision to 'be the best'?
- **Time to commit to the role.** The minimum requirement is to attend four Council of Governors' meetings per year and the Annual Members' Meeting. Ideally you would be able to also attend informal meetings with the Chair and to undertake training to support you in carrying out the role effectively. There are opportunities for greater involvement too.
- **IT skills** including access to email and Microsoft Teams virtual meetings.
- **Have some business skills** including the ability to read and scrutinise performance reports and experience of human resources, finance or chairing meetings would be beneficial but are not essential as support and training will be given as required.



Public Governors, Elaine and Trevor pictured at a Foundation Trust membership recruitment event at Liverpool John Moores University.

If yes, we would love to hear from you!

These are exciting opportunities for enthusiastic and committed Foundation Trust public and staff members to become LHCH Governors and make a real difference.

You can obtain more information about the role and process by visiting www.cesvotes.com/lhch2023 or contacting Civica Election Services (CES) on **020 8889 9203** or via email ftnominationenquiries@cesvotes.com.

Alternatively, you can contact the LHCH Membership Office via membership.office@lhch.nhs.uk or calling **0151 600 1410**.

Nomination forms are available by visiting this site from 11th May and should be completed online by 5pm on Friday 9th June 2023.

Invitation to Heart Failure Awareness event

Thursday 4th May, 9.15am – 10.45am via Microsoft Teams

To mark national Heart Failure awareness week we are pleased to welcome you to attend our forthcoming virtual Heart Failure Awareness event from the comfort of your own home!

Join our Heart Failure team to find out more about the condition and the treatments available. The session will include presentations from Consultant Cardiologists, Dr Archie Rao and Dr Matthew Kahn and members of our specialist nursing and therapies team. You can view the full programme for the session on the news pages of www.lhch.nhs.uk

To book your free place and receive the link to attend please email membership.office@lhch.nhs.uk

Programme (all times am)

- 9.15 Welcome and introductions to the Heart Failure team
- 9.20 What is Heart Failure? The causes, signs and symptoms
- 9.30 How is Heart Failure diagnosed? Treatment and medications
- 9.40 Heart Failure and cardiac devices
- 9.50 Heart Failure, lifestyle and cardiac rehabilitation
- 10.10 Heart Failure advanced care planning and palliative care
- 10.20 Living with Heart Failure including a patient interview
- 10.30 Question and answer session
- 10.45 Close



To find out more about LHCH Charity give them a ring on **0151 600 1409** or email enquiries@lhchcharity.org.uk

Shaken and stirred by the new LHCH Charity Ambassador

Star of stage and screen Daniel Craig has agreed to become an Ambassador for LHCH Charity.

With his own strong connections to Merseyside and Cheshire, Daniel understood the outstanding work of LHCH and its ambitious future plans which led to him accepting the role of LHCH Charity Ambassador.

On his acceptance Daniel said: "LHCH is an internationally recognised centre of excellence for the care and treatment of patients with heart and lung disease. LHCH Charity supports this work by providing additional funds, so it is a privilege for me to support their incredible work."

We are so excited to be welcoming Daniel as an Ambassador. As one of the most recognised and celebrated actors of our generation, his support will do so much to raise our profile and we can't thank him enough for being part of Team LHCH Charity.



The magic of music from stage and screen

Join us to celebrate both **45 years of Maghull Wind Orchestra**, and **75 years of the NHS**, on **Sunday 17th September 2023, 2pm at Liverpool Philharmonic Hall**.

Maghull Wind Orchestra (MWO), conducted by Phil Shotton, is proud to present an extravagant afternoon of music from the world of Stage and Screen! They'll be joined by The Trinity Catholic Academy Choir, St Andrews CofE School Choir, Maghull

High School Choir, and singers from the local Maghull community. There will be world première performances of new arrangements written by MWO musicians Adam Dutch, Dave Matthews, and Glenn Waite. This will be a concert of engaging, toe-tapping theatrical and cinematic delight that will have the whole family singing along! Tickets start from £15 (under 16s £7.50) and are available now via www.liverpoolphil.com

Happy 75th Birthday NHS



If you would like to get involved in helping us celebrate and raise some much-needed funds at the same time then there are all sorts of things you can do!

Celebrate in Style

What better way to say thank you to a great British institution than by partaking in another well-loved national tradition, the cuppa! We are inviting you to hold your own LHCH Chari-Tea in July. What a great excuse for getting together with friends, family or workmates and enjoying some tea and cake. For your free Chari-Tea pack please get in touch.

Take the 75 Challenge

Pledge to run, or walk, 75 miles during 2023 and get sponsored to do it. We are pretty sure that all you dog walkers out there do this already but why not encourage friends and family to sponsor you too.

2023 Challengers

We've been thrilled by the numbers registered so far to our range of 2023 challenges.

Our Targeted Lung Health Check team are taking on our Manchester Tough Mudder Challenge this summer!

In order to warm up for the challenge that lies ahead, the team decided to take on another fitness challenge recently. They put on their walking boots, hats, scarves and gloves to take on the Pyg Track, Snowdonia. The track is known for its rocky and steep inclines but the team pushed through their physical boundaries and had an



amazing experience tackling the trek together.

We still have some challenge opportunities available including the popular Snowdon at Sunrise event on Sunday 25th June so please get in touch.

Please support the work of LHCH Charity



Caring for people with heart and lung disease

Help us care for our patients, their families and our dedicated staff with your donation to LHCH Charity.

£5 would help us to provide a bag of toiletries for an emergency patient

£20 would help us provide hot meals for our staff during the pandemic

£50 would help us purchase specialist equipment for rehabilitation

£100 would support counselling for our staff with mental health specialists

☐ £10 ☐ £20 ☐ £50 ☐ £100 Other amount £.....

Name (PLEASE PRINT).....

Address (PLEASE PRINT).....

.....

.....

..... Postcode

Please return this form and your donation to:
Liverpool Heart and Chest Hospital Charity
FREEPOST RRL-LSHT-ZLKE, Thomas Drive, Liverpool L14 3PE
Registered Charity Number 1052813

Please make all cheques payable to LHCH Charity. No stamp required on envelope.

Alternatively, if you would like to support the work of LHCH Charity please use your smart phone to scan the QR code here.



Thank you so much for your support!

Privacy notice for our Members

We collect and hold public and staff member information for the purposes of the Trust to meet the legal requirements set out in UK law, or exercise the official authority established for a Foundation Trust as a public body.

Personal information will only be used to fulfil the requirements in relation to the individual's membership of Liverpool Heart and Chest Hospital NHS Foundation Trust and not shared elsewhere.

Staff and Public Members can opt out at any time by contacting the Membership Office on **0151 600 1410** or by emailing **membership.office@lhch.nhs.uk**

For more information please visit the LHCH Privacy Notice on our website **<http://www.lhch.nhs.uk/about-lhch/information-governance/data-protection-and-confidentiality/privacy-notice/>**

Get social We always welcome comments and feedback on our social media pages

 Twitter @LHCHFT

 Instagram
www.instagram.com/lhch.ft/

 Web
www.lhch.nhs.uk

 Facebook
www.facebook.com/lhchft/

 Email
communications@lhch.nhs.uk

 **Linked in** www.linkedin.com/company/liverpool-heart-and-chest-hospital